

# The Truth About The Extremely Dangerous Supplemental Vitamin D

By Joachim Bartoll|Aug. 1st, 2024

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Again we return to T-Nation, who got their kickers (panties) in a twist yesterday after they had read the principal results of the VITamin D and Omega-3 government funded Trial (VITAL) and updated meta-analyses of other relevant vitamin D trials, which actually was published in The New England Journal of Medicine (NEJM), 2019.

The VITAL trial conducted by the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS) found that Vitamin D3 supplementation (2000 IU/day) did not result in a lower risk of nonvertebral, hip, or total fractures compared to placebo among generally healthy midlife and older adults who were not selected for vitamin D deficiency, low bone mass, or osteoporosis.

This is not surprising as Vitamin D3 supplementation is complete bollocks, as with every single chemically derived and synthetic “vitamin.” I covered this in-depth in my article “Vitamin D Supplementation is Pure Bollocks and Potentially Dangerous.”

In that article I proved without any question that 25(OH)D (vitamin D) levels as measured in the blood is simply a proxy for sun exposure, time outdoors or associated behaviors. Whatever you ingest to raise this level has nothing to do with the effect of sun exposure or the believed levels of Vitamin D3, it's only a proxy marker, fooling the body into believing that it has had sun exposure. That is extremely dangerous. Not to mention that the synthetic compound that increases this proxy, as in synthetic Vitamin D/D3 supplementation, as in the chemical compound ‘cholecalciferol,’ is extremely toxic and identified as an endocrine disruptor, making it onto the list of substances of very high concern (SVHC.)

This should not be surprising as cholecalciferol is manufactured from the extraction of 7-dehydrocholesterol from lanolin, a natural wax secreted by sheep's skin as found in sheep's wool (or in algae.) The extracted cholesterol from the wool or algae undergoes a four-step process to convert it into 7-dehydrocholesterol by oxidation. The 7-dehydrocholesterol is then exposed to UVB light, which triggers an electrocyclic reaction. The pre-cholecalciferol then undergoes an antarafacial sigmatropic rearrangement and subsequent isomerization to form “cholecalciferol.” The resulting cholecalciferol is then “purified” through solvent washes and chromatography. The toxic solvents that are used include hexane, dichloromethane, and acetone, then isopropyl alcohol or mixtures of methanol, followed by a water wash and a drying agent.

If you think there's something good and healthy left after that procedure, you might be as gullible as the readers of T-Nation who buy their crap.

Again, cholecalciferol is classified as a rodenticide used to control wood rats (*Rattus tiomanicus*) and other rodents.

So, considering that T-Nation, who disguises themselves as a community of “enhanced fitness,” while actually being a profit-seeking supplement company that pushes toxic drugs, we can see why they would get upset and try to defend their money-making poisons. Let's see what they have to say.

“A study funded by the government said that vitamin D supplements don't work. Here are all the things they screwed up.”

Pretty much every single study ever conducted, especially within the field of “nutrition” and “supplementation” is complete garbage. However, that does not make synthetic ‘vitamin D’ any less toxic or any more useful.

“The study, known as VITAL, compared bone fractures in older people who took a “high” dose of vitamin D3 (2,000 IU), n-3 fatty acids (1 gram per day), or a combination of both, for five years.

Taking vitamin D didn't appear to reduce the risk of broken hips. In the accompanying editorial, the researchers said not to bother taking Vitamin D, even though most people are deficient. The newspaper headlines read, "Stop Taking Vitamin D!" and people who still get their news from the mainstream media and the government believed it."

At least you acknowledge that the government and the media pretty much lies about everything. However, so do profit-hungry companies. And it gets even worse within the field of "nutrition" and "supplementation" as these fields are based on pseudo-science and complete backwards thinking — going back to the early funded and made-up studies by the food industry and the pharmaceutical industry led by the Rockefellers that conditioned the masses into consuming plant-based slave kibble and relying on supplementation and drugs instead of consuming our real species-appropriate, species-specific natural human carnivorous diet.

"Sad. The study neglected every other vitamin D benefit, like immune enhancement and its role in athletic function, lung function, heart function, hormone optimization, nervous system function, cancer prevention, and sexual function. What's worse, they forgot to consider other factors that determine whether vitamin D supplementation is effective or not."

The so-called "immune enhancement" is from the toxicity of the synthetic Vitamin D causing cellular damage. I've explained the flawed theory of the bogus "immune system" many times. The other benefits are from sun exposure and simply linked to vitamin D through the belief that this 'hormone' is responsible for them, as the proxy marker increases during sun exposure.

So, again, these benefits have absolutely nothing to do with vitamin D as a supplement, and that is also why there are so many studies showing zero benefit from supplementing vitamin D.

Those who showed some benefits likely improved other aspects of their life, and perhaps, even got some more real sun exposure.

"The study didn't address magnesium intake, and vitamin D can't be metabolized without sufficient magnesium.

Roughly 80% of the American public is deficient in the mineral, so that could explain why vitamin D3 supplementation didn't appear to do much in the VITAL study. Oh, and athletes? They're even worse off regarding magnesium, as the mineral is fond of leaving the body in sweat."

Let's say that they actually got this right, that magnesium is essential for the activation of 25-hydroxylase and 1 $\alpha$ -hydroxylase responsible for metabolizing vitamin D, and to convert vitamin D into its active form, calcitriol (1,25-dihydroxyvitamin D), in the liver and kidneys.

It does still not matter as the supplemental form of Vitamin D (cholecalciferol) has nothing to do with the alleged identified hormone in the body, nor the effects of sun exposure.

"Individuals with a high calcium-to-magnesium intake are at a higher risk of magnesium deficiency, and the activities of the three major enzymes that determine vitamin D concentrations are all magnesium-dependent. The result is a vitamin D deficiency or an insufficiency.

So maybe you're thinking, no problem, I'll just double my intake of vitamin D supplements. Not so fast. The more vitamin D you take, the further you tap into magnesium stores, leaving you an increasingly insufficient amount to activate the enzymes responsible for determining vitamin D levels."

Again, the same applies as above. It has nothing to do with the synthetic Vitamin D supplements, as they are inherently toxic and only increases the proxy marker.

"Vitamin D3 is fat-soluble. Without concurrently ingesting some fat, taking a vitamin D3 capsule won't do much."

A study from 2013 showed that 10 grams of fat supported “ideal absorption” of Vitamin D, as in allowing it to raise the proxy, deceiving the body into believing that it got sun exposure. 10 grams is not much considering today’s modern diet.

Of course, a diet high in saturated animal fats is ideal for health and to actually get benefits from real sun exposure. However, this argument in the sake of idiotic supplementation is weak at best.

“The total amount of vitamin D (D2 and D3) found in a food during chemical analyses often doesn’t reflect its bioavailability. A lot of the vitamin is bound up in the actual food and remains so after you eat it. Many things contribute to this: the fibers in the food, the size of the food particles themselves, and the quantity of the vitamin itself. Interactions between vitamin D and other fat-soluble nutrients might also be a factor, as well as a bunch of host-related issues (age, disease state, fed condition, genetics, obesity, etc.).”

Interesting that you now, when it’s convenient, mention factors such as fiber blocking nutrients and the reduced bioavailability (antinutrients) when consuming plant-based foods, when you the other day advertised your extremely toxic and idiotic fiber supplement.

If there is a real natural Vitamin D that you actually can get from food, the only source for humans will be from animal-based sources, such as the meat and organ meats of an animal. Also, that is the only source of fully bioavailable nutrition, and when consumed without any idiotic and retarded plant-based foods, you will have zero interference from fiber, antinutrients, defense chemicals, and pesticides.

In other words, if you are concerned about “vitamins” or “nutrients” from food, make sure that you follow our species-appropriate diet. It’s the only way to guarantee bioavailable nutrients.

“Traditional vitamin D supplements are prone to all the same manufacturing and absorption problems attributed to vitamin-D-containing foods – moisture, oxygen exposure, excess heat, and non-optimal storage conditions.”

Traditional uh? So, this is a pitch to claim that your toxic crap is superior? So silly. All synthetic forms of “vitamins” such as Vitamin D are still extremely toxic and useless, no matter the manufacturing process. We have already established this in depth.

“The only form of vitamin D worth taking is microencapsulated vitamin D3. It’s manufactured by encapsulating vitamin D molecules in liposomes, or solid lipid nanoparticles.”

And there it is, their advertisement for their own shitty and highly toxic supplement. Trying to push this synthetic crap on people should be illegal.

For fun, let’s see what is actually in their “D Fix” vitamin D supplement.

Oh, look at that, “Vitamin D3 (as cholecalciferol)” as in every single synthetic and toxic vitamin D3 supplement on the market. If you read my earlier articles on Vitamin D, or the chemical synthetic compound “cholecalciferol,” you know that it is actually a rat poison used for rodent control, and that it is not approved as a food or drug substance for human use, nor is it approved for pharmaceutical applications. Interesting, uh?

In short, their “delivery system” of medium chain triglycerides (MCTs) and the self-emulsifying excipient ‘caprylocaproyl polyxyl-8 glycerides’ does not matter at all, as the active ingredient is the same toxic shit found in all idiotic “vitamin D3” supplements.

Actually, this delivery system of slow-release and better absorption will only make it even more toxic.

Now, people of below average intelligence will argue that the dosages used in “vitamin D” supplementation is significantly lower than the toxic and deadly dose (LD50) for rats and the estimated lethal dose for a human. However, that is of course totally irrelevant as it is still a toxic chemical, a poison, that will damage cells and tissue no matter the dosage. A lower dose simply means less damage, while a higher dose means more damage. And let’s not forget that it tricks the body to believe that it has received sun exposure, something that will likely have multiple health implications in the long run, as mentioned in my previous articles.

Again, forget this extremely foolish idea of a pill solution in a bottle. You cannot replace real human nutrition, nor sun exposure with a frikkin’ synthetic and highly toxic compound.

Start eating like a real human being and make sure to spend some time outdoors and you will be as healthy as can be. It’s not more complicated than that.

### The Deadly Synthetic Niacin (Vitamin B3)

By Joachim Bartoll|Aug. 2nd, 2024

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A few weeks back, the shill Dr. Axe published an article on niacin based on a new study that showed that too much niacin raises the risk of heart attack, stroke and other cardiovascular diseases.

This leads us to the big elephant in the room, the real danger, the fake artificial and synthetic vitamins that are sold in supplements and used to “fortify” inferior processed food. But before we explore that dark side of the food industry, let’s see what Dr. Axe and his writing team had to say about this study.

“Niacin, also known as vitamin B3, is widely used for its cholesterol-lowering effects and its role in heart health.”

Trying to reduce cholesterol is one of the most retarded things you can do, as cholesterol is crucial to every single healing- and repair process. I’ve explained this in-depth in many articles.

As for niacin’s role in heart health, that is controversial at best, and we’ll get to that later.

Now, before moving on, let’s take a quick look at niacin. The literature (science) claims that niacin, also known as Vitamin B3, was first identified in 1906 by Polish biochemist Casimir Funk who isolated a compound from rice bran that he called “nicotinic acid” (NA.) He believed it was responsible for preventing pellagra, a disease caused by “niacin deficiency.” Later, in the 1920s, researchers found that nicotinic acid was also present in other foods, such as meat, fish, and whole grains. Follow-up studies revealed that niacin in plant-based food is bound to other compounds, such as polysaccharides and glycopeptides (as in antinutrients,) making it much less bioavailable (as with all nutrients found in plants.) Only the nutrients found in animal-based foods such as meat and eggs are fully bioavailable. This led to the retarded conclusion that plant-based food stuffs such as cereals, wheat flour, beverages, and other processed grain foods such as bread and macaroni should be fortified with niacin.

In theory, this might sound like a good idea, considering that all plant-based foods are completely void of bioavailable nutrition for humans and also extremely toxic, and the pleb would need something to eat as meat was more reserved for the elites.

However, synthetic niacin, as used as a supplement and to fortify food, is made from coal tar, ammonia, several different acids, 3-cyanopyridine, and formaldehyde. It has absolutely no resemblance or food synergy with what is found in nature, and especially not in meat or other animal-based foods. It’s simply a synthetic compound that looks somewhat similar to what they originally isolated and photographed. Yes, the same procedure as with all “isolated vitamins.” It’s all a big scam.

Now that you understand that the “niacin” used by the food- and supplement industry has no resemblance to what might actually be in real food, let’s move on.

“The study, conducted by researchers funded by the National Heart, Lung, and Blood Institute, had researchers collect blood samples from 1,162 stable cardiac patients (740 males, 422 females) to screen for circulating small molecules whose levels could predict CVD event risks independent of traditional risk factors.

After analyzing the blood samples, researchers found that 4PY, which is produced when there is too much niacin in the blood, was present in some of them. That led the researchers to dig further into data around heart disease events and the presence of 4PY.”

Please read that again, especially the phrase “4PY, which is produced when there is too much niacin in the blood.” If you understand anything about physiology, you should be able to see several problems in that short statement.

Your blood is not a “storage” for nutrients. There should never be high levels of any kind of “nutrient” or “compound” in the blood. Nutrients are absorbed from the digestive system into the bloodstream and then transported to tissues and organs for utilization. If there are high levels of anything in the blood, it means that the tissues and organs cannot absorb and use it. And this means that the majority of what they believe is ‘niacin’ is not being used by the body, and where does the majority of niacin come from? Yes, from fortified foods and supplements. This proves that the niacin used within the food industry cannot be used by the body. It’s the same thing as with Vitamin B12 injections used by zombified and retarded vegans. You see a big rise of that toxic crap when doing a blood test after an injection, as it just sits around in the blood doing damage instead of being absorbed and used by tissues. And that is why ALL vegans eventually fail, no matter how many supplements they take, as all supplements are fake versions of what they think exist in real food.

In a healthy human consuming our natural carnivorous diet, you would never see unnatural high levels of any nutrient in the blood. First of all because the nutrients are perfectly balanced in meat; as it is simply tissue like our own flesh and everything that is needed for it to work is present in the right amounts. And secondly, all nutrients in animal-based foods are fully bioavailable, as they exist in the exact same form as we store them, and thus they are rapidly absorbed and put to use by our body.

This means that if you have high levels of any “nutrient” in your blood, that is not the real nutrient as found in real food. That is a synthetic version of that nutrient, a synthetic version that your body has trouble absorbing and put to use. In other words, you are being poisoned!

And as for 4PY, it is a metabolite produced from the breakdown of this toxic synthetic niacin as it sits around in your blood, and 4PY has been strongly associated with an increased risk of cardiovascular disease (CVD.) In other words, it’s the synthetic niacin that is causing CVD.

“They also examined 2PY, which comes from too much niacin in the blood too, since it showed up in some samples as well.”

2PY is also a metabolite of synthetic niacin. More specifically it’s a metabolite of NAD<sup>+</sup> (nicotinamide adenine dinucleotide,) which forms from the breakdown of niacin.

“What did these follow-up studies reveal? It seemed that the people who had 4PY and 2YP in their blood samples had a greater chance of experiencing a stroke, heart attack or other negative cardiac event.”

Yes, as 4PY and 2PY are metabolites of the very toxic synthetic version of what they believe is niacin. It's the toxic and damaging mechanics of this synthetic niacin that eventually will result in a stroke, heart attack or other negative cardiac event.

Very simple, very logical.

“For even further understanding, the researchers then injected mice with 4PY and 2PY and discovered that 4PY raised inflammation in their blood vessels, another indicator of CVD risk.”

Well, inflammation is the natural response of healing. Whenever you inject something foreign you will get an inflammatory response as damage has taken place from the injection and from neutralizing the foreign substance, and now the body will do its best to repair and heal.

If the inflammation was more localized to the blood vessels, it indicates that whatever you injected caused more damage in that area.

However, inflammation in itself is not an indicator of increased risk. It's simply healing taking place from damage done by something stupid you did. It's that stupid thing you need to address, as in this case, that of taking synthetic niacin.

“According to one of the senior study authors, about a quarter of Americans have higher levels of niacin than is recommended.

The National Heart, Lung, and Blood Institute adds that total niacin consumption in the U.S., through a mix of natural food sources, fortified foods, and supplementation, averaged 48 mg/d – more than triple the Recommended Daily Allowance, from 2017–20.”

And there lies the problem, the fortified foods and supplements that in truth are simply fortified with extremely toxic synthetic crap that has no resemblance with what we would find in real food.

“The main takeaway is not that we should cut out our entire intake of niacin—that's not a realistic or healthy approach. Niacin is a vitamin and essential to our health. But an excess amount appears to be a concern.”

And here lies the second problem, that these retarded idiots do not understand the difference between real nutrients as found in animal-based foods and that of the artificial, chemically and synthetic copies manufactured from waste and processed by tons of other toxic chemicals.

We need to remove all synthetic compounds from our diet. Fortification of food is simply mass murder, and so are all “vitamin” supplements.

To conclude, do not under any circumstances take “vitamin supplements” or consume any kind of food or dietary supplement or meal replacement powders that contains, or is “fortified,” with any of these synthetic vitamins.

Keep in mind that we as humans are obligate hyper carnivores. Anything that is contraindicated to our natural diet will harm us. This is even more important when it comes to infants being given toxic formula or processed baby food.

Infants should consume real breast milk and fatty cuts of meat, and all children should be animal-based, only consuming the fat, meat, and organs of animals. That is the only way to guarantee full development and superior health.

It Is Now Legal To Detain, Isolate, and Enforce Medical Treatment on Citizens in New Zealand

By Joachim Bartoll|Aug. 4th, 2024

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In the wake of the staged and faked Covid-19 pandemic ritual and experiment; the test of people's willingness to submit and follow the herd, to comply with mass-hysteria, illogical reasoning, and willingly inject themselves with

something they knew absolutely nothing about, like a gullible and retarded lab rat, the puppets of our governments have been busy reviewing the data and updating policies and laws.

As of the latest revision, July 2024, of New Zealand Pandemic Plan — A framework for action, “special powers” has been authorized by the Minister of Health where an “emergency,” such as a staged and fake pandemic, has been declared under the Civil Defence Emergency Management Act 2002. On page 125 we can find the following description of these “special powers.”

“The power to detain, isolate or quarantine allows a medical officer of health to ‘require persons, places, buildings, ships, vehicles, aircraft, animals, or things to be isolated, quarantined, or disinfected’ (section 70(1)(f)).”

As in being detained, put in a prison camp (quarantine) and isolated from loved ones against your will by force. And “disinfected” simply means “vaccinated” with a deadly poison against your will.

“The power to prescribe preventive treatment allows a medical officer of health, in respect of any person who has been isolated or quarantined, to require people to remain where they are isolated or quarantined until they have been medically examined and found to be free from infectious disease, and until they have undergone such preventive treatment as the medical officer of health prescribes (section 70(1)(h)).”

This simply means that you will only be released if they deem you free from “infectious disease,” something that does not even exist. In other words, they can do what the f\*\*k they want to you. Keep you locked up or kill you, and claim that you died from whatever they made up.

“The power to requisition premises allows a medical officer of health to requisition premises and vehicles for the accommodation, treatment and transport of patients (section 71(1)).”

Power of requisition means that whatever you thought you owned now belongs to the government. They can seize any asset they want in case of an “emergency.”

“Section 71A states that a member of the police may do anything reasonably necessary (including the use of force) to help a medical officer of health or any person authorised by the medical officer of health in the exercise or performance of powers or functions under sections 70 or 71.”

This simply means that the Police will not care about the real natural law and your human rights. Nor will they respect the universal declaration on bioethics and human rights from 2005, protecting you from medical treatment against your own will (that individuals have the right to make decisions about their own health and well-being.) They will simply go along with whatever the government tells them as they will have immunity. And this is why the police, just as the military, hire a lot of mentally ill people who lack empathy and thrive on following orders and getting a pat on the back.

Now, “emergency protocols” and new “laws” like these will slowly find their way into most countries, and serve as a perfect excuse to get rid of troublesome “citizens.”

And these extreme measures are being put in place for something that does not even exist. It’s all based on the fake, fraudulent and heavily debunked germ and virus theory, the extreme lies about transmittable disease. I’ve covered this in-depth in multiple articles. However, the large sleeping and dumbed-down masses still believe in the lie, and that is what makes it so dangerous. As long as people believe that you can get sick by transmission, as in a “contagion,” this will never end. It’s the perfect weapon, the perfect psy-op to pit people against each other. And the next time they fake

a pandemic things will get really ugly, really fast. Just imagine if they actually would poison some people instead of using dummies and crisis actors. Killing off some people only to cause mass-hysteria. All those sleeping zombies who believe in this juvenile contagion and virus lie would turn on each other in an instant. They would actually assist the police in hunting down healthy unvaccinated people.

And in such a scenario, no-one would care about your knowledge of the fraudulent Maritime Law, our real Natural Law and that of human rights. Especially not if your government has invoked “special powers” and granted immunity to police and other government personnel.

Remember, this goes back to WHO and the plans to make them a totalitarian “health” authority where their recommendations can override the laws of countries, including that of human rights.

And meanwhile in Europe, a “European Vaccination Card” will be rolled out in September as a “pilot project” in Latvia, Greece, Belgium, Germany and Portugal. The aim is to keep track of everyone’s medical records and vaccination status, and to implement this in all of Europe by 2026. In simple terms, they will be able to track you down whenever they see fit to fake another pandemic and then claim that you are in a “high risk group” or whatever, and thus inject you with poison (which will make you sick, weak, and potentially sterile.) That is true totalitarianism.

So, once again we come back to the most important thing we can do, and that is to continue educating people — as in exposing the virus and contagion lie. Showing people that disease comes from within and that the largest culprit is the diet, that of plant-based slave food and processed food, as humans are obligate hyper carnivores and can only thrive on an animal-based diet. Even if people are in a state of total ignorance and refuse to listen, some might eventually break due to repetition. The same way they got brainwashed by society in the first place. While the NPC’s are a lost cause, there are still many who are in-between and can be enlightened. You who read my work and many others have woken up from the slumber and recognized the simple truth. Other people can find that path as well. We just have to keep on planting seeds and hoping that some of them will grow.

Aspirin Might Decrease Risk of “Colorectal Cancer,” But It Will Also Kill You!

By Joachim Bartoll|Aug. 5th, 2024

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The pharmaceutical shill-website Medical News Today recently posted an article shamelessly promoting the deadly drug aspirin based on a flawed and retarded study from Massachusetts General Hospital and the Ivy League’s and Owl Club’s Harvard Medical School, known for their MK Ultra mind control research with LSD in the 60’s. Also, Harvard has almost exclusively been managed and funded by the Scottish Rite Freemasonic Rockefeller elite family of the Saturn cult, used to distract the public from the Catholic Church, their Jesuit Order, and the elite Italian families. The Rockefellers are the public founders of the inverted and fake modern medicine and pharmacology through the support of the debunked and false germ and virus theory.

In other words, anything out of Massachusetts, and especially Harvard, will be based on inverted science, on lies and deceit — and their agenda to keep the population as weak and sickly as possible.

Let’s see what MNT has to say this time.

“Colorectal cancer is considered to be the third most common cancer around the globe, with over 1.9 million people worldwide newly diagnosed with colorectal cancer in 2020 alone.”

Yes, and that is the ultimate proof that people are not following their species-appropriate, species-specific diet. Humans are obligate hyper carnivores and we are meant to only consume animal-based foods, such as the meat and

organ meat of animals and some of their produce, such as eggs. Consuming anything from the plant-kingdom will damage our bodies and especially the digestive system and our intestines, as all that trash has to travel through us and out the other end. This is very basic and simple physiology and within the field of biology this has been verified many times. Of course, once you enter the paid-for fields of pseudo-science, such as “modern nutrition” and “modern medicine,” these well-known facts are inverted to fit their money-making agenda of keeping people sick and weak.

“Although colorectal cancer — also called colon cancer or rectal cancer — normally affects adults over age 50, recent studies show cases are increasing at an alarming rate in children, teens, and young adults.”

Yes, again due to our idiotic way of eating, as in a plant-based and highly processed diet. I covered colorectal cancer and its causes in deeper detail in my article “Colorectal Cancer is Rising in Young Population Due to Modern Diet/Plants.”

“Previous studies show that following unhealthy lifestyle choices such as smoking, excessive alcohol use, not exercising, and unhealthy eating can increase a person’s risk for colorectal cancer.”

Exercise does very little to help against any kind of illness, as these “diseases” all come from within as a result of your diet, acute poisoning and accumulation of toxins. The only way exercise can help is to use some blood glucose as fuel, which will decrease some of the damage from consuming carbohydrates. However, excessive exercise will wear and tear on your body, accelerating the aging process. As long as you move around a little every day and lift something heavy on occasion to stimulate your muscles and bones, you will be fine as far as “exercise” is concerned. Everything else comes down to your lifestyle, as in your diet and exposure to environmental toxins.

“Now researchers from Massachusetts General Hospital and Harvard Medical School have found that taking aspirin may help reduce colorectal cancer risk in people following unhealthy lifestyle choices.”

As they have begun to cover up rates of side-effects, poisoning, and even death from medications and drugs, all we have are some older data tables and studies. And as for aspirin, it’s always been at the top. One study in the US from 2009 reported a 15% mortality rate among those being poisoned by aspirin. And the latest data from Britain, based on several studies (2017) reported an annual death of 3,000 people due to aspirin poisoning in Britain alone.

Do you honestly believe that something that causes more than 3,000 deaths within a population of roughly 66 million, where perhaps one third take it once or twice a year, could have any benefits that outweighs the risk? Do you even understand how toxic it must be? The kind of damage it actually causes to your tissues and organs every time you take it?

“For this study, researchers recruited almost 108,000 adults with an average age of 49. Participants were evaluated for five lifestyle factors associated with colorectal cancer: BMI, smoking, alcohol intake, physical activity, and diet, and were given a healthy lifestyle score from zero to five.”

Again, physical activity is not that relevant, and worse, you have no idea about what humans should be eating. Your score for “diet” will likely be inverted and therefore invalid.

“Scientists also recorded study participants’ regular aspirin use, which was defined as two or more standard-sized tablets per week.”

The regular strength is 300 mg, so 600 mg of aspirin a week or more. Just the thought of people actually taking something as vile and toxic on a regular basis is both frightening and very saddening.

“Past studies have linked aspirin use to lowering colorectal cancer risk. A study published in August 2021 reported that aspirin use was correlated to a reduction in overall risk of recurrence and mortality of colorectal cancer. And research published in April 2024 found long-term aspirin use was linked to a 10% reduction in the odds of certain cancers including colon and rectum cancer.”

A 10% reduction of the “odds” of developing something is ridiculous. Did they develop other “diseases” or even die of other causes before they would have developed noticeable colorectal cancer?

“Our group has contributed to the now-convincing body of literature that aspirin is effective in reducing the risk of colorectal cancer because there remains a critical unmet need for low cost, effective options for cancer prevention beyond screening, which is resource intensive and underutilized, Andrew T. Chan, MD, MPH, professor of medicine at Harvard Medical School, told Medical News Today.”

The unmet need for low cost? Laughable! How about fixing the real problem, that of consuming the wrong kind of foods, as in carbohydrates, seed/vegetable oils, and chemicals — the cause of all health problems, not only “colorectal cancer,” but also diabetes, cardiovascular diseases, neurological disease, and organ failures.

“We are now focused on identifying who is most likely to benefit from regular aspirin use recognizing that aspirin also comes with side effects, such as gastrointestinal bleeding,” he said.”

You frikkin’ morons! Gastrointestinal bleeding is only one of many, many reported side-effects of aspirin use. How about stomach upset, nausea, vomiting, ringing in the ears, bleeding disorders, allergic reactions (acute poisoning and detoxification,) trouble breathing, fever, hallucinations, seizures, coma, and much more. Anything that can cause these effects from a single dose is extremely toxic. We can only imagine the damage done when repeatedly taking it.

If something is toxic (and everything artificial and chemically produced is toxic) it should never be consumed by a human — and absolutely not be used to try and prevent something that is being caused by entirely different factors. This is simple physiology and also very simple logic.

“Participants of this study were followed for 30 years. At the study’s conclusion, researchers found that the 10-year cumulative incidence of colorectal cancer was 1.98% among participants who regularly took aspirin compared to 2.95% incidence in those who did not.”

To quantify the difference between 1.98% and 2.95%, let’s focus on the “relative” difference:

$$(0.97\% / 1.98\%) \times 100\% \approx 49.0\%$$

This indicates that the 2.95% risk is approximately 49% higher than the 1.98% risk. And that might seem like some really good statistics. However, again, you are poisoning yourself, simply trading one disease for another. It is very simple. If you take something that is toxic, there will be accumulated damage and that damage will develop into what the medical community call “diseases.” Likely, by taking aspirin, you will destroy your cardiovascular system and/or your organs before your digestive system and intestines give up.

“One major pathway is the reduction in inflammation, including the production of specific proinflammatory proteins known as prostaglandins that can promote the development of cancer.”

Reducing inflammation is a really bad thing, as inflammation is part of the healing process. As for prostaglandins, these are part of the inflammatory process, or the healing process. Anything produced by the body will never hurt you. It is only there to assist, as in correcting what is wrong. Thus, “pro-inflammatory” simply means “pro-healing,” and that is a good thing. This is one of many things these imbeciles have gotten backwards in their inverted pseudo-science.

Prostaglandins are said to increase the blood flow and vasodilation at the site of the damaged tissue while enhancing the migration and activation of cytokines, neutrophils and macrophages, which assist in repairing cells and removing debris (with the help of bacteria.)

So, in short, what you do when taking aspirin is reducing, or even shutting down the healing of damaged tissue, which of course, will reduce the inflammatory response. This is a very bad thing as your body cannot heal or detox properly and the damage will accumulate!

And as for prostaglandins and cancer, researchers have found that they “play a multifaceted role” in cancer development and progression. While they believe they can promote tumor growth and angiogenesis, they also believe they exhibit anti-tumor properties, particularly when produced in response to inflammation.

This is the same scenario as we have with cholesterol, which is needed for cellular repair, and the LDL and HDL lipo-proteins. HDL simply carries unused cholesterol to the liver to be excreted, and LDL carries cholesterol to the cells or the cardiovascular system when it is needed for cellular repair.

In other words, prostaglandins will aid in shielding off toxins into tumors to save your life, and they will also be there when the tumor is no longer needed and it can be broken down when you are healthy enough to be able to detoxify again. Remember, your body will never produce anything that contributes to disease or will hurt you. It will only produce compounds that will assist and keep you alive for as long as possible.

“Aspirin also appears to block signaling pathways within cells that cause them to grow and spread. Finally, aspirin may additionally influence the immune response against cancer cells and block the development of blood vessels that supply nutrients to growing cancer cells.”

And this is likely the reason for a 49% reduction of colorectal cancer. If aspirin blocks signaling pathways within cells, it will hinder your body from growing tumors. Again, this might sound like a good thing if you're a clueless moron. However, these tumors are the desperate result of toxemia and damage, where your body has no other option than to mutate cells into tumors where the toxins can be stored so they do not spread and damage vital tissue used to sustain life. Now, if your body can't shield off these toxins, what do you think will happen?

Yes, the toxic load will increase and so will the damage to more vital tissues. You're simply lowering the risk of “colorectal cancer” by increasing the risk for every other single “disease,” especially those who are lethal. Exactly what I said from the start.

After this MNT mentions some potential side-effects of aspirin and actually tells their readers to be “cautious.” However, this is simply to keep them from being sued. Unfortunately, most people today are looking for that magic pill in a bottle that does not exist and never will exist. Therefore, they will grab at any straw they can while ignoring all the warnings and risks. This is why articles such as these are extremely dangerous and irresponsible.

And again, this takes us back to the core of things, that of your lifestyle, as in your diet and exposure to environmental toxins. That is always where you need to start if your health is declining. There are no supplements, no drugs, or any kind of treatment that will help you. They will only do the exact opposite! Only you can help yourself by changing the way you live. Broken Brain Syndrome is Due to Lack of Animal Fats

By Joachim Bartoll|Aug. 6th, 2024

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Today we return to the supplement-endorsing Fitness website T-Nation and their CCO Chris Shugart with another push for omega-3 supplements.

Remember, the “omega-3” fatty acids, as found in real untouched animal-based foods, such as meat, fish, and eggs, are crucial to your health and well-being. However, omega-3 fatty acids such as EPA and DHA in supplement form is a dangerous and toxic shitstorm of rancid fats and chemicals — something that should not be consumed by anyone.

Still, fatty acids, especially those from animals that are crucial for our health and survival, is an interesting subject, so let's see what Chris Shugart is on about this time, and I'll use my 30+ years of education and experience within the field along the way.

“Omega-3 Deficiency. This common nutritional deficiency makes you tired, sad, and anxious. Left unchecked, it can lead to severe cognitive impairment. Let's prevent that.”

Simple, make sure that your diet is animal-based, as in being dominant in meat from preferable ruminant animals such as beef and/or mutton on a daily basis. Preferably, your diet should be fully carnivorous, as in only consuming food from animals such as meat, fish, eggs, and the occasional dairy.

By simply consuming some fatty meat or egg yolks daily, you will guarantee your need for the omega-3 fatty acids.

There! Problem solved. But I bet he will not make it that easy, as T-Nation is all about making money from their gullible and mostly clueless readers.

“Way, way back in human history, one of your ancestors did something that changed the future: he moved to the coast and discovered that the ocean is full of food. Catching fish was easier than chasing land critters. That's all he knew. What he didn't know was that he was setting something into motion that changed the course of history: brain expansion.”

Evolution is a theory, and a quite retarded theory at that. While animal-fats, which our brain is made of, is extremely important for its development while growing from a fetus to an adult, and to keep it healthy throughout our life, there is no proof that it made us “evolve” from some primitive ape-like state to the modern human. That is just plain silly.

If the “evolution” theory would be correct, all animals would evolve, especially those who are carnivores, those mammals who have fat arrangements and natural diets similar to ours. Also, apes have been observed walking on two legs and many apes actually live close to water and have been observed catching fish. Still, they have not evolved. Actually, no apes, including chimpanzees, who supposedly shared a similar diet with humans, seem not to have evolved at all since we were in a similar “evolutionary” state. Curious...

Also, if omega-3 was responsible for “brain expansion,” marine mammals like whales and dolphins would have a larger brain-to-body mass ratio and fish that are rich in omega-3 fatty acids would have grown super-brains. Still, they have not. And let's not forget omnivorous animals such as black bears, grizzly bears, raccoons, and red foxes who consumes a lot of fatty fish and thus omega-3, yet their brain capacity and cognition are not significantly different from those of other animals either classified as herbivores or carnivores.

The conclusion is simple. All species are different, and the human species was simply constructed with a larger and more advanced brain. It has nothing to do with “evolving.”

With that said, it is likely that our natural carnivorous diet of animal fats, and our ability to scavenge large animal carcasses, made us smarter over time, as we now see a steep decline in intelligence and cognitive function all across the world from our current atrocious and mostly plant-based diet.

In anthropology, it is known that humans have always been animal-based and those who believe in “evolution” have established this fact of a diet rich in saturated fat and cholesterol as the main contributors to “growing the human brain.” In other words, saturated fats and cholesterol are the most important nutrients for developing and keeping the brain healthy.

“It’s called the Aquatic Ape Hypothesis. It may or may not be correct, but the general idea makes sense: This new food source was rich in DHA, one of the most important omega-3 fatty acids, along with EPA. Your body can’t make these essential fats; you have to eat them, and DHA is literally brain food.”

Nice disclaimer Chris. It’s likely not true, as explained above. However, EPA and DHA are both important for brain health, and you can get more than enough by simply consuming some fatty meat or some egg yolks daily. And I removed the link to your supplements as there is no need for supplements ever.

“Your ancestor got a little DHA from other sources, and he converted ALA from plants into DHA/EPA. Unfortunately, the conversion rate is terrible (2 to 5%), especially for males. But migrating to the coast changed all that. Now your ancestor’s brain was saturated in DHA. As the generations came and went, human brain development went into hyperdrive. Cognitive function skyrocketed. Mankind flourished and today we have pocket computers and spaceships.”

Spaceships, really? Are you a little gullible child, clinging to juvenile science-fiction stories while sucking on Elon Musk’s teats?

Seriously though, you cannot get omega-3’s as in EPA/DHA from plants, just as you wrote. Not to mention how toxic and damaging those plants are for your health. And you will still get enough DHA from simply following an animal-based diet. Still no need for supplements, ever – not to mention how toxic and damaging those supplements are.

“It’s a good story, but it’s not over. These days, despite all our advancements, we’re at risk of cognitive “de-evolution.” Our brain machinery is dry and rusty: it’s overheated, misfiring, and sending mixed signals. It sounds melodramatic, but medicine has a new term for it: omega-3 deficiency.”

Actually, it’s animal fat deficiency. And this has been recognized within physiology and biology for a long time.

And the same can be said for the understanding of “broken brain syndrome.” It’s all about the lack of animal fats in the diet.

With that said, a lack of the omega-3 fatty acids will cause problems of their own. However, if you consume animal-based foods on a regular basis, you should not develop deficiencies in either saturated fats, cholesterol, or omega-3.

“Lack of omega-3s, particularly DHA, cause or exacerbate several brain-related issues:

**Mood Problems:** Increased anxiety, more depression, and mood swings. Omega-3s are involved in neurotransmitter regulation (serotonin and dopamine), critical for mood stability. Without omega-3s, the brain gets inflamed, leading to depressive symptoms and anxiety.

**Fatigue:** Lack of energy or a feeling of generalized tiredness.

**Poor Memory:** Difficulty concentrating or recalling information.

**Very Bad Things:** At the extreme end, but not uncommon, omega-3 deficiency is associated with ADHD, bipolar disorder, schizophrenia, and dementia (including early-onset Alzheimer’s, affecting people between 30 and 50). In short, a lack of “brain food” is causing rampant cognitive impairment, general unhappiness, and what could be deemed a diet-related form of stupidity.”

Perhaps. But guess what? All these brain-related issues are also caused by lack of saturated fat and/or cholesterol! So, while some of these issues might be from a lack of omega-3's, they might as well be from a lack of saturated fats or especially cholesterol, as seen in those poor buggers being prescribed evil statins. Also, the lack of animal fats in the diet is why every single vegan gets mentally ill within months after being duped into the ultimate slave diet.

“According to the literature, moderate to severe deficiencies require a consistent intake of just over 1000 mg per day (about half that works for a mild deficiency).”

Actually, I would consider 1000 mg a day to be a minimum for good health, preferably 1,500 mg a day.

Anyways, a single egg yolk, depending on what the hens are being fed, can contain up to 600 mg omega-3, with an average of 200 mg. So, five egg yolks a day would easily cover 1000 mg, and likely cover 1,500 mg as well.

As for fatty beef, sirloin has at least 80 mg of omega-3's per 100 grams, with an average of over 100 mg, and grass-fed beef can have more than 200 mg per 100 grams. So, again, simply consuming 500 grams of beef daily will have you covered. Adding in some egg yolks here and there, and you will be golden.

Personally, I consume anywhere from 600 grams to 1,000 grams of beef daily, and at least 8 eggs. That is at least 2,600 mg of omega-3 a day. And considering that my eggs are from free range outdoor hens, it's likely double that. Not to mention all the essential saturated fats and cholesterol I get that is needed not only for your brain, but for your entire body.

See how easy everything is if you simply adopt our natural species-appropriate, species-specific carnivorous diet? No need to worry about any kind of nutrient deficiency. Everything you need is available in meat, as meat is simply what we ourselves are made up of.

The Real Reason Behind Alzheimer's — A Starving Brain

By Joachim Bartoll|Aug. 8th, 2024

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In the recent two years or so, I've covered fish oil, or the omega-3 fatty acids, several times as the popularity of the retarded practice of supplementation is still on the rise and being pushed by shills. Something that is totally unnecessary as it is extremely easy to get all the omega-3 you need by simply consuming some meat and/or eggs daily.

While supplement companies like Biotest who run the fitness website T-Nation do their best to push these supplements to make money while totally ignoring the damage done to their gullible customers, the latest push for fish oil was actually published in a recent article by the government- and pharmaceutical shills at Medical News Today, which of course is another big red flag for omega-3 supplementation.

This time it's about a study on Alzheimer's disease and the possible effect of omega-3 fatty acids. And while this is a half-truth, as the omega-3 fatty acids are essential and crucial for our health, let's see what they have to say about it. And as always, I'll use my 30+ years of expertise in this field and specialization in biology, microbiology, biochemistry, and human physiology along the way.

“Oily fish is part of a healthful diet as it is a good source of omega-3 fatty acids (omega-3 PUFAs). Those who do not include oily fish in their diet may take fish oil supplements which are often advocated as having a number of health benefits, including:

Heart and cardiovascular benefits

Protecting eye health

Healthy fetal development

Memory and other mental health benefits.”

While fatty fish such as mackerel, salmon, herring, anchovy, and sardines contain between 1 gram to 2 grams of omega-3 fatty acids per 3-ounce serving, you get more than enough omega-3's from simply consuming fatty meat such as beef or mutton and the occasional eggs. I covered this in my omega-3 article “Broken Brain Syndrome is Due to Lack of Animal Fats.”

And fish oil supplementation is very dangerous as the manufacturing will pretty much destroy the oils and make them rancid, not to mention the contamination of all the chemicals and solvents used in the process. I covered this in my article “The Manufacturing Process of Fish Oil and Why to Avoid it.”

“However, some of the health claims for fish oils are disputed, and taking supplements may be associated with health risks in some people.”

Yes, because supplements are inherently toxic. If you're healthy and can detoxify, you will not notice any bad effects at first, however the damage will accumulate. But if your body is compromised, the added toxic load will either manifest as new symptoms or simply shut you down completely.

This is why negative effects are only seen in “some people,” because the health status and thus the tolerance varies widely among the population. This is simple logic and common sense.

“Now, a small study has found that fish oil supplements could be beneficial for older people with the APOEε4 gene that increases the risk of developing Alzheimer's disease.”

Well, according to the current understanding, APOE signaling is simply instructions for the body to make a carrier protein called apolipoprotein E (apoE.) This protein combines with fats (lipids) in the body to form molecules called lipoproteins, which are responsible for packaging cholesterol and other fats and carrying them through the bloodstream.

Yes, read that again, it carries cholesterol! And what is most important for brain health? Yes, cholesterol.

It's very interesting that Medical News Today does not even explain what APOE does, or even mention the crucial relationship with cholesterol.

Now, according to the same science, about 70% of the population carries the APOE3 gene and about 10% carries the APOE2 gene, and these 85% combined does not carry the APOE4 gene. Thus, only about 15% of the population carries the APOE4 gene.

With that said, some researchers believe that the APOE4 gene increases the risk of Alzheimer's, as the “disease” is slightly more common among people with the APOE4 gene. However, they admit that they do not really know why.

“The study, which is published in JAMA Network Open, found reduced nerve cell breakdown in those with the gene who were given fish oil, but no significant benefit for people without the gene.”

We'll get to what this actually means.

“According to the Alzheimer's Association, there are several factors that may increase a person's risk of developing Alzheimer's disease. These include:

Age

Smoking

An unhealthy diet and/or overweight

Lack of exercise

Family history and genetics”

Those bullet points are complete bollocks. Alzheimer’s is simply the “end stage” of a starving brain lacking animal fats, especially cholesterol. That is why we see Alzheimer’s skyrocketing among people put on statins, or among those who are deceived or forced into a more plant-based diet (most elderly homes and such facilities serve absolutely death-bringing food that is very low in meat and animal fats, which is why people put in such facilities tend to waste away and die rather quickly.)

“A number of genes have been identified that are linked to Alzheimer’s, of which the best known is the APOE gene. One version of this, APOEε4, increases the risk of developing Alzheimer’s, particularly in those who inherit APOEε4 from both their parents.”

That’s a theory, yes. And genetics are made-up bollocks. What is usually “inherited” are bad dietary habits. If your parents served you shitty food, chances are you will continue with similar habits throughout your life, developing similar toxic buildup and nutrient deficiencies, the drivers of “disease.” It has nothing to do with “genetic dispositions.” Again, simple common sense.

With that said, the signaling and the production of specific carrier proteins that can be identified might very well be real and might even be correctly identified. So, let’s go on with the premise that the APOE carrier proteins exist and that they are responsible for carrying lipids and cholesterol, nutrients that are essential for brain health (as I described earlier.)

“The study enlisted 102 people aged 75 and over who had relatively low levels of omega-3 fatty acids. All the participants were generally healthy, with no dementia (measured by mini-mental state examination and MRI scans at the start), but had some degree of white matter lesions (common changes in the nerve cells of the brain in older people).

The researchers gave half the participants 1.65g of omega-3 in 3 soft gel capsules daily. They gave the control group 3 soft gels containing only soybean oil, which were identical in taste, appearance, smell and texture to the omega-3 capsules.

Neither the researchers nor the participants knew who was receiving which treatment.”

Again, this can be a hit or miss as there is no guarantee that the omega-3 fatty acids within the supplement can be used by the body. In the best case scenario, a little of it might still be intact and can be utilized, while likely most of it is rancid and instead does damage to the body.

However, the poor people who received soybean oil were even worse off, as that is pure poison and will screw you up badly.

“In the whole group, the researchers found no significant difference in outcome between those on the omega-3 treatment and those on placebo. However, for those with the APOEε4 gene, there was a significant difference in the progression of white matter lesions between the groups.

People with the APOEε4 allele in the omega-3 group had significantly less nerve cell breakdown than those with the allele in the placebo group.”

In other words, those who produce the APOE4 variant of the APOE carrier proteins might need a tiny higher amount of omega-3 fatty acids in their diet for the carrier protein to work correctly. This might be because the APOE4 is not as efficient in binding the omega-3 fatty acids, and a slightly higher saturation might help with bringing enough of these fatty acids, together with the cholesterol, to the brain. So, if the APOE4 transporter proteins are compromised by your diet, it also means even less cholesterol to the brain. A recipe for Alzheimer’s.

And if we look into some research within the field of biology, this theory is actually supported by some studies where APOE4 has shown to have a lesser binding affinity to omega-3 fatty acids, particularly docosahexaenoic acid (DHA.)

And while APOE4 seems to bind better to lipids overall, its affinity for cholesterol also seems lower, again proving my point. To conclude, those with APOE4 carrier proteins might need a bit more omega-3 and cholesterol in their diets compared to those with APOE2 and APOE3 to maintain brain health.

“Allder explained how the fish oils might have this effect: Carriers of the APOEε4 gene have a higher risk of developing Alzheimer’s disease and may have a different metabolic or inflammatory response to [Omega-3] PUFAs compared to non-carriers. This gene is associated with increased brain inflammation and oxidative stress, which [Omega-3] PUFAs are known to mitigate.”

No, that is backwards-thinking steaming from your indoctrination and inability to use reason and logic. This has already been explained in the field of biology. There is no “inflammatory” response from essential fatty acids. That’s retarded. The essential fatty acids are needed by the inflammatory response, as inflammation is our body’s response to healing. If your brain has been damaged by toxins, or if it is malnourished, there will be a repair response, as in healing where your body is trying to correct the problem, which creates inflammation. And in order to repair and heal the damaged or starving brain, omega-3 fatty acids as well as all other animal fats, especially cholesterol, is needed. That is why you see an increase of these nutrients and fatty acids when there is inflammation. They are not the cause (the damage or malnutrition is the cause) while the fatty acids are the solution, the repair blocks needed to heal the tissue. This is basic understanding of human physiology. Unfortunately, that is something that is not taught, nor practiced, within the pseudo-scientific and inverted field of “modern medicine” and “nutrition.”

“The authors of the study do not advise the use of fish oil supplements by all older people, but suggest they may help reduce Alzheimer’s risk in those who have the APOEε4 allele. However, they emphasize that this was a small study, and that further clinical trials are needed to verify their findings.”

I agree, eat real food instead. As humans are obligate hyper carnivores, your diet should be heavily animal-based, preferably pure carnivore, especially if you want to maximize your health and avoid any kind of “diseases.”

“Both Allder and Molly Rapozo, RDN, registered dietician nutritionist and senior nutrition and health educator at Pacific Neuroscience Institute in Santa Monica, CA, told MNT that fish oils are generally safe, but people should take them only under medical advice. She added that it is preferable to increase the omega 3 in your diet: “In the meantime, up your intake of small cold-water fish which are good sources of omega 3 fats,” she advised.”

Look at that, a “nutritionist” that actually said something useful. However, as I said many times, you will get enough omega-3 if you consume some fatty meat daily and preferably a few eggs every week. Still, adding some fatty fish or fish roe might be a good idea if you suspect that you are deficient, as in having been deceived into being plant-based for a while.

“Allder advised that: “Further research should include larger and more diverse sample sizes to confirm these findings and determine the generalizability of the results. Studies should also investigate the long-term effects of [Omega-3] PUFAs on cognitive function and brain health, as well as the optimal dosage and formulation of fish oil supplements.”

No. This Allder guy is a frikkin’ retard. Not supplements you dimwit, fix the diet! While you might get a little bit of omega-3’s from a supplement, you will also get poisoned by the rancid fats, aldehydes, and all the residues from the manufacturing process.

And again, all you need is an animal-based diet. This will guarantee the intake of animal fats, as in all fatty acids that are needed for your body to function optimally, including your brain, whether you have APOE4 carrier proteins or not. And as demonstrated by this study, for those with the APOE4 carrier, only a tiny additional amount of omega-3s are needed, as in an additional egg yolk a day, or a serving of fatty meat.

Once again, the conclusion and solution is simple. By adopting our natural diet of animal-based foods, you will solve all health issues and problems — including Alzheimer's disease. It's that simple.

Addition, many blame aluminum for Alzheimer's. And yes, aluminum is recognized as a neurotoxin, and a few studies using mass spectrometry have demonstrated that small but significant amounts of aluminum can cross the blood-brain barrier and accumulate in the brain. Its presence in the brain may contribute to cognitive deficiency and dementia, including Alzheimer's.

However, that's for another rainy day — and this article was exclusively about nutrition and the wrong think about omega-3 and fats — and a starving brain is the most common cause of all mental- and cognitive problems by far, including Alzheimer's.